

Lemon Herb Grilled Chicken

This Lemon Herb Grilled Chicken is a zesty and flavorful dish that's perfect for a light meal. Marinated in a tangy lemon-garlic blend, it's grilled to perfection for a juicy finish.



Main Dish

45 min

Total time

easy

Difficulty

320

kcal / serving

Ingredients

- 1 chicken breast (about 6 oz)
- 1 tablespoon olive oil
- 1 tablespoon fresh lemon juice
- 1 clove garlic, minced
- 1 teaspoon dried oregano
- Salt and pepper to taste
- Fresh parsley for garnish

Steps

- 1 In a bowl, mix olive oil, lemon juice, minced garlic, oregano, salt, and pepper to create the marinade.
- 2 Place the chicken breast in the marinade, ensuring it's well-coated. Let it marinate for at least 30 minutes in the refrigerator.
- 3 Preheat the grill to medium-high heat.
- 4 Remove the chicken from the marinade and grill for 6-7 minutes on each side, or until fully cooked (internal temperature of 165°F).
- 5 Once cooked, remove from grill and let rest for a few minutes before slicing.
- 6 Garnish with fresh parsley and serve immediately.